

R+R Happenings!

Rest & Recuperation Program for U.S. Army Soldiers in Europe

December 2003

**Opportunities
for our Soldiers
& their families
in Europe!**

AFRC Europe



"I just returned from spending ten days in Germany, visiting my husband who was on R & R from his unit in Kuwait. We spent three days in Garmisch, staying at the Von Steuben Hotel. I'm not sure who came up with the idea of offering that package, but please let everyone know how much it meant to

us. It's difficult to be separated from the people you love and especially under these circumstances. But the R & R program did much to boost our morale. It made us feel like someone cared about the ordeal we are going through and actually took the time and effort to do something about it.

The staff at the hotel was fabulous. I can't say enough good things about them. I wish I could remember everyone's name to mention each of them personally. They were courteous and truly caring. Everyone went out of their way to insure we had a wonderful stay. Please thank everyone involved in this program and let them know how much it meant to a soldier and his wife.

Sincerely,
Alexa Y.



Don't miss Operation R & R at the AFRC Garmisch Resort. For more information and reservations call the AFRC Europe Vacation Planning Center at DSN 440-2575, Civ. 08821-72981, email vacation@afrc.garmisch.army.mil, or check out...

www.AFRCEurope.com



R+R Activities in your community!

BAMBERG - 279th BSB

Portraits

Free sitting fee for soldier and family with a 20% discount on all orders. Available anytime during a soldier's R+R. CAC Portrait Studio, Bldg 7047, DSN 469 8659



Stable Theater Shows

50% on all tickets for theater productions anytime during a soldier's R+R. Stable Theater, Bldg 7119, DSN 469 8649 or CAC, Bldg 7047, DSN 469 8659

ODR Trips and Issuances

50% on all trips and equipment issues available anytime during a soldier's R+R. CAC, Bldg 7047, DSN 469 8659

Multi Crafts Classes

(Woodshop Safety and Matting and Framing) One free class for any soldier on R+R. Four classes per month call DSN 469 8659 for more info. CAC, Bldg 7047, DSN 469 8659

Bowling Center

Free Family Bowling for any R+R individual. Warner Barracks, Bldg 7690, DSN 469 7722

Golf Course

Free rounds of Golf for any R+R individual. Whispering Pines, Building 7682, DSN 469 7583



Photo by Bob Purman, USAF/24A

Auto Crafts

Free stall rental during duration of R+R. Warner Barracks Auto Skills, DSN 469 7546

Youth Services

Free or reduced prices on any program involving the youth of a soldier on R+R. CYS, DSN 469 8789/7532

BAUMHOLDER - 222nd BSB

50% discounts at Bowling Center, Golf Course and driving range, and Indoor Pool.

Specials meals at Rod & Gun Club and Rhineland Convention Center. Contact the Director of Community Activities, DSN 485 1550

BELGIUM and NETHERLANDS - 80th ASG

MWR is pleased to assist you with coordination of family or individual recreation or trips (i.e. Euro Disney, AFRC Facilities, local entertainment). Give us a call!

DARMSTADT - 233rd BSB

Bowling Center

1 free day of bowling. Cambrai Fritsch Kaserne, DSN 348 6148; Civ. 06151 69 6148

Auto Skills Center

1 free car wash, Cambrai Fritsch Kaserne (CFK) BLDG. 4011, DSN 348 6275; Civ. 06151 6275

Serendipity

1 free 8x10 photograph and 1 free roll of film developed, Cambrai Fritsch Kaserne (CFK) BLDG. 4037, DSN 348 6226; Civ. 06151 69 6226

Outdoor Rec Center

Free equipment rental and 10% off any 1 day trip, Cambrai Fritsch Kaserne (CFK) BLDG. 4017, DSN 348 6277; Civ. 06151 69 6277

Performing Arts Center

1 free admission to a performance, Eschollbrucker Str. 180 (entrance detoured to Klausenburger Str.), DSN 348 7336; Civ. 06151 69 7336

GIESSEN - 284th BSB

Fitness / Race Calendar

Ground Hog Day Run 5 KM and 3KM Family Fun Walk on 31 Jan 04

Child Development Centers

Giessen, Civ. 0641 402 6200 Super Saturday, December 20, 2003; Hourly child care from 900 1700

Parent's Night Out, January 24, 2004; Child care from 18.30 22.30 for \$5

Super Saturday, February 28, 2004; Hourly child care from 900 1300

Bad Nauheim, Civ. 06032 83536

Super Saturday, January 24, 2004; Hourly child care from 900 1300

Butzbach, Civ. 06033 67922

Super Saturday, January 10, 2004; Hourly child care from 900 1300

Parent's Night Out, February 20, 2004; Child care from 18.30 22.30 for \$5

Friedberg, Civ. 06031 81 3137

Super Saturday, February 7, 2004; Hourly child care from 900 1700

Outdoor Recreation Trips

Giessen/Friedberg ODR: 343 8202 or 0641 402 8202

Nürnberg Christmas Market, 20 December: \$20/adult, Germany's largest Christmas market



ASA Program introducing V Corps soldiers in Rhein Main. Photo by Bill Packer, CS PAC

New Year's Eve in Berlin, 30 Dec 2 Jan 04; 2 overnights

Frankfurt Ice Skating, 3 January 04; \$20/adults, transportation only

Winterberg Ski trip, 10 Jan. 04; Equipment included and snowboard instructor provided.

Garmisch ski or sightsee, Martin Luther King holiday, 16 19 Jan. 04; 2 overnights w/breakfast

Brocken Mt. Ski, 24 Jan. 04: Equipment provided and snowboard instructor on trip

Black Forest Ski/sightsee trip, 31 Jan 1 Feb 04: 1 overnight w/b fast

Winterberg Ski trip, 6 Feb. 04: equipment and snowboard instructor provided

Garmisch Ski or sightsee, President's Day weekend, 13 16 Feb. 04; 2 overnights w/b fast

Schotten Ski trip, 21 Feb. 04: Equipment and instructor provided

Weiden/Neustadt Crystal shopping, 28 Feb. 04: Get great deals on crystal; factory outlet prices

ACS

ACS FB 06031 81 3465, GI ACS 0641 402 7618 Redeployment Training for Spouses, Tuesdays, Friedberg ACS, 0900 1100, Giessen ACS, 1300 1500

We will feature a briefing and discussion about changes that have occurred with family members since deployment, realistic expectations among reuniting family members, and traumatic events that have occurred and how to handle them.

Keller Theatre

Roedgener Strasse 64, Bldg. 64, Giessen, (Across from U. S. Depot) Box Office Hour: Wed Thurs Fri 1630 2000, DSN 343 6515, CIV. 0641 402 6515

"Carol's Christmas", 18 20, December at 1930: A comedy by Robert Schroeder with music

"What's The Mata Hari?", 23+24, January at 1930, A comedy by Tony Dunham

"Shirley Valentine", 30+31 January at 1930: A play by Willie Russell

"Murder By Misadventure", 13+14, 19 21, 26 28, February at 1930, A thriller by Edward Taylor

GRAFENWOEHR and VILSECK - 409th BSB

MWR Activity Coupons

Coupons available to soldiers on R&R leave! Enjoy One free breakfast at the Tower View Restaurant, Two Free Bowling games at either Vilseck or Grafenwoehr, One free ODR daily rental, One free ITR day trip, One free car wash at Graf or Vilseck, Free Cappuccino and 24 minutes free internet surfing at Langenbruck.

SatoTravel Specials

Take advantage of this special \$20 voucher from Enjoy Tours!

For reservations or more information, contact your local USAEUR SatoTravel office or EuropeVacations@SatoTravel.com



SatoVacations
EUROPE

R+R Activities in your community!

HANAU - 414th BSB

A coupon book is given to all the returning soldiers with these type of coupons:

\$2 off on any play at the Five Pfennig Playhouse

\$2 off on any Comedy After Dark Show within the Hanau facilities

\$5 for two hours unlimited Cosmic Bowling at the Hessen Bowl on Saturdays

15% off on any trip with ODR trip must be featured on the R&R brochure

Amsterdam Express Trip

\$59/adult

Bavarian Castles \$109/adult and \$59/child

Berlin \$119/adult and \$59/child

Paris (France) \$159/adult and \$99/child

London Express Trip

\$109/adult and \$89/child

Black Forest &

Strassburg(France) \$99/adult and \$69/child

For details contact the Directorate of Community Activities, DSN 322 1550.



HEIDELBERG - 411th BSB

Village Pavilion

Stack & Facts, Community Breakfast, Jan 11 Feb 1; Country Western & BBQ night, Jan 17 Feb 21; Presidents Day Bazaar, Feb 13 15. PHV, DSN 388 9423 or Civ. 06221 3389423

Roadside Theatre

"Fiddler on the Roof" on Dec 12 to Jan 24; "Proof" on Feb 21 to Mar 13. Patton Bks., DSN 373 5020 or Civ. 06221 175020

Kids Zone

Kids "Rockin" New Years Eve on Dec 31 4 to 8:30pm; "Friends Day" on Feb 14th 2pm to 8:30pm. Shopping Center, DSN 370 6662 or Civ. 06221 576662

Arts & Crafts

Full Crafting schedule including Framing, Quilting, Wood Safety, Pottery, Stained Glass, Sewing and Watercolor. Patton Barracks, DSN 373 7064 CIV 06221 577064

Cyber Café

Surfing and Gaming, 4 10pm. Patton Barracks, DSN 373 5190 CIV 06221 175190

Slapshots

NFL Sundays, 4 10pm. Patton Barracks, DSN 373 5190 CIV 06221 175190

Recovery Room

New Years Eve Bash on Dec 31st Starting Jan: "Oldies" every 1 and 3rd Wednesdays
Fridays Karaoke
Sat Hip Hop/Every 3rd Sat Salsa.
Nachrichten Kaserne, DSN 371 2762 or Civ. 06221 572752

Strike Zone

Karaoke every Friday Night and All American New Years Eve on Dec. 31. PHV Bowling Center, DSN 388 9040 CIV 06221 3389040

Outdoor Recreation

Ski Engelberg, Switzerland (1 day trips); Dec 20, Jan 10 & 24, Feb 7 & 21. PHV, DSN 388 9282 CIV 06221 3389282

Heidelberg Golf

Various Tee Times available and Tuesdays is Ladies Day. Offersheim, DSN 379 6139 or Civ. 06202 53767



SGT Michael Campbell and Anthony Smith
Photo by Karl Weikel, 104th ASG

HOHENFELS - 282nd BSB

Aerobics

Receive 50 percent off aerobics classes provided by Kathy Z. Roberts. Purchases can be made at the CAC.

Arts & Crafts

Fees will be waived for classes taught by Arts and Crafts staff members (not contractors). These include framing and woodshop classes!

Receive between 30 percent and 50 percent off select items!

Auto Crafts

Get \$10 off on towing services and \$1 off any automatic car wash (limit one car per customer per day)!

Great Escape

10% discount on adult meals

20% discount on children's meals

Outdoor Recreation

Get 15 percent off tours (skiing, shopping, etc.) and ski equipment issue fees!

Lane 17 Bowling Center

Buy one meal, with a value of \$5 or more, and receive your second meal for half price!

Bowl three games at the regular price and get two games free!

Community Activities Center and SurfNet Café

Buy one cup of coffee, get the second one free!

Buy one hour of surf time, get the second hour free!

Child and Youth Services

Get 10 hours free child care per child per month.

KAISERSLAUTERN - 415th BSB

Kaiserslautern R&R Card for the Club System, Outdoor Rec, Auto Crafts, Music&Theater Don't miss out on the specials in the KMC that you can take advantage of during R&R leave!

For example: free equipment issued from Outdoor Rec, free car wash & polishing from Auto Crafts, free trip from Outdoor Rec, free entrance to Saturday night activities at clubs), etc.

For more info about the Kaiserslautern R&R Card, contact the DCA office at DSN 489 7126/7207 or S2/3 at DSN 489 6104/6107.



Landst and SSGT Joshua Jefferys
Photo by Karl Weikel, 104th ASG

MANNHEIM - 293d BSB

Coleman Bowling Center

Purchase one combo meal, get two free games of bowling (shoe rental included). Valid only during open bowling time.

BFV Bowling Center

Buy one large Pizza, get four free games of bowling (shoe rental included).

Cove

No cover charge during DJ/Karaoke nights (normal cost is \$3 \$5) and 2 or 1 for Live entertainment

Off Main Street Theater

Two for one tickets



USO Centers

<http://www.uso.org>

All Germany USO Centers are offering R&R participants and their family members a 10% discount on all day and express tours. USO staff are pleased to provide tour, travel and event information for their local areas. (Please present orders for tour discounts).

USO KAISERSLAUTERN (Landstuhl, Ramstein)

Phone: 011/49 631 536 7233/7851

Office Hours: 0830 1700

USO HANAU - Satellite Office (Budinggen, Pioneer Kaserne)

Phone: 011/49 6181 56119 / DSN 322 8725/8422

E Mail: uso.hanau@aranea.de

Office hours: Mon Fri, 0900 1700

USO RHEIN MAIN AREA (Frankfurt, Wiesbaden)

Phone: 011/49 611 721010

E Mail: usorma.director@taunus.de

Office Hours: Mon Fri, 0800 1600

USO RHEIN-NECKAR (Darmstadt, Heidelberg, Mannheim)

Phone: 011/49 621 730 3468 / DSN 385 3195/3668

Office Hours: Mon Fri, 0800 1700, Closed Weekends

USO STUTTGART (Schweinfurt, Stuttgart Vaihingen)

Phone: 011/49 711 680 8811

USO EUROPE

Phone: 0049 (0)6134 604 480/381

Email: uso.europe@taunus.de



R+R Activities in your community!

SCHWEINFURT - 280th BSB

Check your MWR publication for an array of exciting events.

WIESBADEN - 221st BSB

Tony Bass Fitness Center,
DSN 337 5541/5379

Dollar Days, 1 31 Dec; 1/2 off all fitness classes.
Holiday Health and Wellness Gift Certificates, 1 Dec 14 Feb
Micro Fitness Assessments, 1 31 Jan 04, by appointment only
5th Annual Sweetheart Racquetball tourney, 6 8 Feb
Mardi Gras Fitness Marathon/
American Heart Month Celebration, 21 Feb
Invitational Boxing Novice & Open, 28 Feb

Outdoor Recreation

Ski Engelberg, 20 Dec, One day ski trip
Heidelberg Christmas Market, 20 Dec, One day trip
Ski Engelberg, 27 Dec, One day ski trip
Rock Climbing at T Hall, 27 Dec, One day trip
Rock Climbing at Extrem, 28 Dec, One day trip



Photo by Karl Weikel, 104th ASG

MWR Events

Quarter Bouncers Promotion, 12 Jan 03 20 Feb 04, bar hours of operation, Victory Point Bar, inside the Community Activity Center, Wiesbaden Army Airfield (WAAF)
Anheuser-Busch sponsor's this Army-wide game of bouncing quarters, win prizes and chance to win a trip to Las Vegas to compete in Nationals, game days vary.

Community Activity Center

New Year's Eve Party, 31 Dec, Victory Point Bar and CAC, WAAF, Hip Hop DJs, hot hors d'oeuvres, door prizes
Super Bowl, 1 Feb, on three 27" TVs, sports trivia
Valentine's Dinner Dance, 14 Feb, Community Activity Center
Fasching Party, 20 Feb

Cappuccino Casino

Musical Jam Sessions, Every Tuesday Night, 1930,
Instrument/keyboards players invited to join in the fun,

Pool Tournaments, Third Thursday of Each Month, 1930, Cappuccino Casino: 8 Ball single elimination, prizes

McCully Club

Top Ten Music, Tues Sat nights
Free Bar Food, Every Friday
Prime Rib Night, 20 Dec 03,
1700 at 1830: 14 oz Prime Cut,
12 oz Dukes Cut w/ Baked Potato

Kastel Klub

Country Western, Every Friday
Super Bowl Parties, Super Bowl Sundays
Christmas Party: 19 Dec, 1930
2330: Free food, cake, candy
drawing for prizes

Translation from original letter:

R&R Program of the U.S. Forces

Dear Dr. Cochrane:

A few days ago the Foreign Office in Berlin has informed the State Government that, in the course of an R&R program, U.S. soldiers who are presently on duty in Iraq will, among other states, spend time with their families in Baden-Württemberg.

On behalf of the Government of Baden-Württemberg, namely Minister President Teufel and Interior Minister Dr. Schäuble I wish to first and foremost, extend our best wishes for a relaxing break to the soldiers returning from Iraq. I would be much obliged if you could pass along these greetings and wishes to the soldiers.

I also wish to take this opportunity and emphasize once more the close relations between the B-W State Government, the people of B-W and the U.S. forces stationed in our state. We know quite well what we owe to your Armed Forces and what they stand for, namely the preservation of peace and freedom.

The accomplishments of the American soldiers as well as the sacrifices of their families deserve our respect.

In order to afford the soldiers who are under considerable physical and psychological stress an opportunity to relax and reduce the pressure they are under which is the goal of this program, we wish to offer the soldiers who are on R&R in Baden-Württemberg free tickets for government-owned B-W castles, convents/monasteries and parks. These tickets can, for instance, be used for free admission to the Heidelberg Castle, Schwetzingen castle and park, Maulbronn Monastery (world cultural heritage), Residenzschloß Rastatt or Ludwigsburg castle. Baden-Württemberg - Tickets may be distributed for free weekday travel on regional trains through B-W.

I would be very pleased if our offer would contribute to the success of the R&R program and would be grateful if, at some point, you could inform the responsible special branch of the Interior Ministry (POC are Ministerialrat Hornung or Frau Amtsärztin Dessup) about the required number of tickets and to coordinate further details with them.

Please let us know if you have suggestions as to how we can further support you. I will gladly offer my support for additional assistance, also at community level.

Sincerely,
Heribert Rech
Member of Parliament

Rheinlander Club in Dexheim

Dr. MLK Lunch Special, 15 Jan
Crazy Hat Night, 13 Feb
Entertainment: Friday nights

Bowling

Dexheim Bowling

Customer appreciation night,
Wednesday's starting at 1500,
All games \$1
Moonlight Red Pin Bowl,
Friday's 1500, Lights down, red pins in. Get a red head strike and win a free game.

Cosmo Bowling, Saturday's
1600, Disco lights, black lights
and your favorite music

Ham Bowling, 15 19 Dec 03,
1300 1830, Bowl strike in 3 6 9
frame, win a Ham
40 Frame Bowling, 10 Jan 04,
1300hrs, Forty frames is a game,
Have the highest 40 frame series
and win a new Bowling Ball.
President's Day Bowling, 16
Feb, Bowl for a dollar

WAAF Bowling

Ham Shoot, 17 24 Dec,
1500 2200, Bowl 3 strikes in a
row win a Holiday Ham
Dollar Bowling, 1 31 Jan, ALL
returning troops pay only \$1 per



golf cart, 1 range token,
sandwich or cheese/hamburger
w/fries and a soft drink or
water. Units wishing to
purchase prizes for tournament
winners receive 20% off all
items in the pro shop.
Reservations are being accepted
And don't miss our Professional
Golf Instruction tailored to your
needs!

VICENZA - 22ND ASG

Family Assistance Center
including computer and phone
bank, child play area, video
dubbing station,
translator/interpreter services,
ACS program support, FRG
assistance, and community
agency referrals.
Open 0800 2000 7 days/week,
with on call FAC staff available
24 hours/day.
Call DSN 634 7500 or email
family@setaf.army.mil

R&R Reintegration Workshops for family members

Dates and times vary. Call the
FAC at DSN 634 7500.

R&R Welcome Bags

Bag includes AAFES coupons,
MWR coupons, and important
R&R materials and wallet card
with community resources
telephone guide, sponsored by
AAFES and MWR provided to
all R&R soldiers/families by
Family Support Division (DCA).

Free soft drinks and chips at Club V

Offer available to all R&R
soldiers. Open Tue Wed 1700
2400; Thu 1500 2400; and Fri
Sat 1700 2400.

One free game of bowling

At Ederle Lanes to all R&R
soldiers. Open Mon Thu 1530
2200, Fri Sat 1530 2400; and
Sun 1230 2200.

Free fries and R&R steak discount

Special offer at Joe Dugan's
Pub, located in the Golden Lion.
Open Mon Fri from 1700 2100.

Auto Skills Center

Assistance with POV repairs.
Call DSN 634 7014.

Special daily, weekend, and week-long tours

Provided by the Adventure
Travel Center. From rock
climbing, to skiing, and cultural
tours. Call DSN 634 7094.

